



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

LIFE SEALS WEEKEND RETREAT

In Life Seals you create personal symbols that represent your mind, essence, senses, likes, dislikes, and positive and negative characteristics. This process allows the unconscious to come forward, revealing patterns, life lessons and the potential for change. Life Seals can open doors of awareness and help you gain a new perspective on yourself and your direction in life.

Date	Friday Oct 16th (arrival by 4:00pm) to Sunday Oct 18th (after lunch)
Where	Ecology Retreat Centre: 308046 Hockley Rd, Mono, ON
Cost	\$425 (all inclusive); \$400 (early bird special until Sept 21); Deposit of \$175 (non-refundable) Bring a journal, yoga mat & blanket, special dietary needs

Registration & information, contact Uma (Nicolette) at uma.s@yasodharayoga.org or 705-427-4914



Swami Samayananda is a Senior Teacher at Yasodhara Ashram, Kootenay Bay, British Columbia, and has been a student of Swami Radha's teachings since 1979. An educator for over 35 years, Swami Samayananda has worked with educational institutions, businesses and private consulting agencies, as well as offering yogic tools to palliative care patients.



Swami Matananda is a Senior Teacher at Yasodhara Ashram, Kootenay Bay, British Columbia, and has been a resident and student of Swami Radha's teachings since 1990. With a background as an educator, Swami Matananda is also an artist and is actively involved in tending the Ashram land.